

# thePost

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## NEWSNOTES

### Women of Chapel host Bible Study

The Fort Dix Women of the Chapel will host a welcome coffee for their fall Bible Study Program Sept. 5 at 7 p.m. at the Main Chapel. Regular sessions will begin Tuesday, Sept. 12, from 9:30 to 11:30 a.m. For more information, call Eloise Deas, 609-893-9716.

### ACS to host Army Family Team Building training

Army Community Service will host Army Family Team Building Instructor Training Aug. 30-31 from 8:30 a.m. to 5 p.m. in Bldg. 5201 Maryland Avenue.

Attendees will:

- become more effective instructors
- improve public-speaking skills
- develop self-esteem and confidence
- receive certification as an AFTB instructor

The training is open to all military personnel, family members and civilians. To register call Fran Booth at 562-3930 or send e-mail to frances.booth@dix.army.mil.

### 305th Medical to host Health Care Focus Group

The 305th Medical Group (MDG) will conduct a Health Care Focus Group Aug. 23 at 2 p.m. in the Edwards Resource Center, located on the 2nd floor of the 305th MDG. The Focus group will provide information for parents of school-age children who are enrolled in the 305th MDG. Topics to be discussed are School/ Sports Physicals, Coping with Childhood Stressors, Children Immunizations, the Choking Game, TRICARE for College Bound student, Preventative Health, and Children Safety.

If you have any questions call 723-9576/9752.

### American Red Cross looking for volunteers

The McGuire/Fort Dix station of the American Red Cross is looking for volunteers to help out in the office. Applicants should have clerical skills and be computer-literate. Call 562-2258 if interested or for more information.

### Fort Dix Retiree Council hosts RAD luncheon

A luncheon will be sponsored by the Fort Dix Retiree Council for retirees and their guests Saturday, September 16, in conjunction with the Fort Dix Retiree Appreciation Day.

The luncheon will be held at Club Dix, with Social Time beginning at 11:30 a.m., followed by the luncheon at 1 p.m. The menu selections are Baked Flounder stuffed with Crab Meat, Roast Turkey with gravy, or Sliced Ham with pineapple sauce. Each menu selection will be served with a Vegetable, Sweet Potatoes, Mashed potatoes, or Rice; Salad, Rolls, Butter, Coffee, Iced Tea, and Lemon or Orange Sherbet with shell for desert. The cost for the luncheon/gratuity is \$18. (Checks payable to Fort Dix Retiree Council). Retirees and their Friends/Guests are invited to contact Colonel (Ret) Carmen Venticineque, 320 Hill Top Road, Toms River, New Jersey 08753 (Not Later Than Friday, September 8) to make reservations and menu selections.

## WEATHER

**FRIDAY -- Morning clouds, afternoon sun with high of 86 and low of 65 degrees.**

**SATURDAY -- Afternoon showers, breezy, high of 85 and overnight low of 66 degrees.**

**SUNDAY -- Chance of thunder with light showers, high 86 and low of 65.**

**MONDAY -- Fair, high of 81 degrees and low of 63.**

# Hero honored at Dix

Carolee Nisbet  
Editor

A dusty road on the Fort Dix ranges led to honors for an area Soldier and rich memories for his family and friends Aug. 15 when the new Urban Assault Course was named in his memory.

The complex was named for Spec. Ryan Travis Baker, A Co., 4th Battalion, 101st Aviation Regiment, 101st Airborne Division, who was killed Nov. 15, 2003 when the helicopter he was in was struck by hostile fire and crashed in Mosul, Iraq. His hometown was Browns Mills.

Baker's mother, Vicki, spoke to the crowd of more than 100 people gathered on the tree line

to dedicate the new range.

"With all the words in the English language, sometimes the simplest ones are best," she said. "Thank you for being here, thank you for caring and thank you for never forgetting my son."

The five-section, \$2.5 million Urban Assault Course Complex offers Soldiers essential training in the Global War On Terrorism.

"We owe our Soldiers nothing less than the great training they will get on this range," said Maj. Gen. Jay W. Hood, commander, First US Army Training Support Division East. "But that is not the reason we are here today. We are here to honor Spec. Baker."

"Specialist Baker mattered," Hood continued. "He was a good Soldier, competent and committed."

It is a fitting remembrance to name such a facility in his honor, Hood said, so every Soldier who trains on it will remember his service and his sacrifice.

Specialist Ryan "Travis" Baker was born December 20, 1978 in Pennsylvania. He entered the United States Army November 6, 1998. He attended Basic Training at Fort Jackson, S.C., and Advanced Individual Training at Fort Eustis, Va., as a UH-60 Helicopter Repairer. In Jan. 2002, Spec. Baker deployed with his unit to Kandahar, Afghanistan in support

of Operation Enduring Freedom where he participated in Operation Anaconda. In February 2003, he redeployed in support of Operation Iraqi Freedom.

His mother commented on how she would like him to be remembered. "Specialist Ryan 'Travis' Baker was known to his friends and family as Travis."

"He was a proud Comanchero of the 101st Airborne, Air Assault. The Blackhawk Helicopter 531 was his pride and joy. I can recall going to Fort Campbell to visit him and so proudly he would take me to Saber where all the Blackhawks reside, waiting for their next mission."

(continued on page 4)



Carolee Nisbet

**COURAGE AND HONOR** -- A portrait of Spec. Ryan Travis Baker, who was killed in Iraq in 2003, is unveiled by his mother, Vicki Baker; Col. R. David McNeill, Fort Dix commander, and Maj. Gen. Jay W. Hood, commander, First US Army Training Support Division East. The portrait and a plaque are on permanent display at Range 59F, the Urban Assault Course Complex, which was named in Baker's honor during a ceremony Aug. 15.

## Army joins national police crackdown on drunk driving

**U.S. Army Combat Readiness Center-FORT RUCKER, Ala.** -- The Army is joining the National Highway Traffic Safety Administration August 17 through Labor Day weekend in an effort to crackdown on drinking and driving.

In a new campaign called "Drunk Driving. Over the limit. Under arrest," the Army hopes to reduce the number of lives lost each year to accidents caused by impaired drivers -- both in the Army and on the streets of the nation.

"The U.S. Army civilian and military police work closely with other agencies of the federal, state and local governments in areas such as law enforcement and safety," said Colonel Eugene A. Smith, chief of operations, Office of the Provost Marshal General. "It is clearly in the best interest of the Army that our Soldiers, family members, civilians and contract employees are reminded of the dangers involved when drinking alcohol and driving vehicles. This campaign reinforces the message that there are real and often tragic consequences in drinking and driving."

In 2004, more than 15,000 people died in alcohol-related accidents, aver-

aging one alcohol-related fatality every 31 minutes or 50 people a day, according to an annual NHTSA report. Another 248,000 people have also been injured in accidents where alcohol was present, averaging one person injured about every two minutes.

The new campaign focuses on combining high-visibility enforcement with heightened public awareness.

"Local installation commanders and provost marshals (chiefs of police) will provide information to their communities through local media outlets and command channels," said Smith. "Additionally, enhanced law enforcement presence and focused enforcement operations may be conducted to generate increased community awareness during the campaign. Increased awareness of the possible consequences of driving drunk will cause all members of our Army family to be more likely to consider their actions before they find themselves in a bad situation."

During the campaign, installation military police will support local law enforcement officers and implement zero-tolerance enforcement.

Each installation commander and

(continued on page 3)



Fort Dix Public Affairs Office

**NO SLACK** -- Military and Department of Defense Police will take every avenue to high-visibility enforcement of drunk driving laws.

Visit Fort Dix on the Internet at <http://www.dix.army.mil>

nature

# Delaware Water Gap

*"There are no words that can tell the hidden spirit of the wilderness, that can reveal its mystery, its melancholy and charm."*

Teddy Roosevelt

Steve Snyder  
Public Affairs Staff

Weary of the fever-swamp humidity which insists on festering within the vicinity of Fort Dix, I set out to cool off.

Cruising through the Delaware Water Gap Recreation Area seemed a good idea. A couple of years ago I drove through the Highlands and then down through the Gap on the New Jersey side. This time I intended to check out vistas on the Pennsylvania side. I planned on bombing up north as quick as possible before motoring leisurely down from Milford, Pa., on Route 209, cooling off in the primeval wood where trees deflected even the wrath of the sun's rays.

So recently I took off up Route 68 to Bordentown, catching the New Jersey Turnpike but missing my intended exit before finally getting on Route 287 North which led to Route 78 West which I left for Route 31 heading north again. Passing through picturesque villages like Washington, I caught Route 57 leading in turn up to 517 which smuck right into Route 206.

## Dining in the wilderness

After inhaling hearty helpings of fish cakes and macaroni at the Andover Diner around 1 p.m., I continued on to Milford. The circuitous route there had consumed 153 miles but it proved an interesting drive, zigging and zagging north across the state.

Heading south at Milford on Route 209 in Pennsylvania, nothing eventful happened until I hit the cutoff to Dingmans Falls. A trail led to a brief, mile hike to the falls, which justified the effort.

Continuing south, I visited the Pocono Environmental Education Center which, sadly, didn't have much except projects for youth groups.

I finished the trip at the Kittatinny Point Visitor Center where the view of the Gap is spectacular. Returning to Fort Dix after 10 hours and 55 minutes and 312 miles, I thought about my prior excursion.

I enjoyed the trip down the New Jersey side more, I concluded. Aside from the waterfall, scenery was much more lush in the Garden state. Roads in the Kittatinny Mountains were flanked by a dense foliage of oak, hickory and maple trees and smelled something like sweet, but rotting, orchids.

## Punting after the primitive

The effect was positively antediluvian, one almost expecting a Hylaeosaurus ("forest lizard") to crawl out from depths of primordial ooze.

On this trip I noticed many people enjoying swimming and boating in the river. Both activities seemed irresistible.

On future jaunts, I'd like to visit Millbrook Village, a recreation of a late 19th century rural community, and Blue Mountain Lakes, Crater Lake, which supposedly supports some splendid views, offering superb photo opportunities.

You can chill out at the Gap. It's never too late to get your feet wet.

Get back to nature.



Steve Snyder

**DINGMANS FALLS** -- Located just .8 of a mile west off Route 209 on the Pennsylvania side of the Delaware Water Gap, a half-mile loop trail passes two waterfalls, Silver Thread and Dingmans, above, as it meanders through a hemlock ravine.



Steve Snyder

**WATER SPORTS** - Canoeing, tubing, rafting, and kayaking are made easy at the Gap because Delaware River access points are located every eight to 10 miles to allow for easy day trips. The water itself makes up one of the cleanest, not to mention scenic, rivers in the East. Bathhouses, picnic areas, and parking are available at Smithfield and Milford beaches. Fishermen, too, are fortunate in that they can angle for panfish, bass, or pickerel in small streams feeding into the river; rainbow, brook or brown trout are also found in many streams while the river has American shad, smallmouth bass, walleye, eel, catfish and muskellunge.



Steve Snyder

**SIGHT SEEING** -- Getting to Delaware Water Gap from Fort Dix offers a variety of sights for innovative drivers. One can cruise up Routes 29, 31, and 206, zigging and zagging across any number of combinations, turning off on roads that promise scenic rewards.



courtesy of the National Recreation Area New Jersey & Pennsylvania and National Park Service, U.S. Department of the Interior



http://gorp.away.com



Steve Snyder

**HOLE IN THE MOUNTAINS** -- Eons ago, evolutionary changes ripped a gaping hole in the Appalachian Mountain Range through which the Delaware River flows. This spectacular gap is more than a mile wide on the border of northwestern New Jersey and northeastern Pennsylvania. The Delaware Water Gap National Recreation Area envelopes the Gap and 37 miles of the Delaware River along with almost 70,000 acres of land along both its New Jersey and Pennsylvania shores.



file photo by Steve Snyder

**SIGHT FROM THE SUMMIT** -- Trails heading up Mt. Tammany lie just across Interstate 80 from the National Park Service's Kittatinny Point Visitor Center. One path, the Red Dot Trail, contains nothing but boulders for its one-mile-and-half ascendancy to the summit. But nearby is a branch of the Appalachian Trail.



www.telusplanet.net

**INDIAN COUNTRY** -- The Delaware or Lenape Indians originally lived along the Delaware River and other parts in what is now New Jersey while also populating present-day eastern Pennsylvania, southeastern New York state, northern Delaware and a small part of southwestern Connecticut. They lived in bands of 25-30 people and those north of the Raritan River and Delaware Water Gap spoke the Munsee dialect. The tall, attractive people used canoes to seek food on hunting forays, hollowing out tree trunks with a celt and fire. Some dugouts were 50 feet long but most were much smaller. In any event, the Delaware were also accomplished fishermen.

## the Post

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Melissa Bird

**FAMILY FLOTILLA** -- Members of the Mathews clan from North Hanover Township off Monmouth Road paddle down a tributary of the Delaware River. Many streams flow into the river providing just that much more space for boating, swimming or fishing.



Melissa Bird

**RECESS ON THE RIVER** -- Dwayne and Dawn Mathews take a breather on the river while their son, three-year-old Donald, plays with the paddle during a kayaking venture on the Delaware River. Lander's River Trips (phone 800-252-3925, [www.landersrivertrips.com](http://www.landersrivertrips.com)) rents rafts, camping equipment, canoes and kayaks as does Kittatinny KC Canoes (1-800-FLOAT-KC or [www.kittatinny.com](http://www.kittatinny.com)).

# Overall Mob numbers same

*Defense News Service - August 16, 2006* - This week, the Navy and Air Force announced an increase in the number of reservists on active duty in support of the partial mobilization, while the Army and Marine Corps number decreased. The Coast Guard number remained the same.

The net collective result is 1,498 more reservists mobilized than last week.

At any given time, services may mobilize some units and individuals while demobilizing others, making it possible for these figures to either increase or decrease.

Total number currently on

active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 91,488; Navy Reserve, 5,780; Air National Guard and Air Force Reserve, 7,114; Marine Corps Reserve, 7,350; and the Coast Guard Reserve, 315. This brings the total National Guard and

Reserve personnel, who have been mobilized, to 112,047, including both units and individual augmentees.

A cumulative roster of all National Guard and Reserve personnel, who are currently mobilized, can be found at <http://www.defenselink.mil/new/s/Aug2006/d20060816nrg.pdf>.



U.S. Army photo by Master Sgt. Johancharles Van Boers

*A Soldier lays suppressing fire during a training scenario at the National Training Center on Fort Irwin, Calif., July 23, 2006. The center trains Soldiers in preparation for service in Iraq.*

## Army joins crackdown

(continued from page 1)  
provost marshal will evaluate their community's requirements and available resources and conduct information distribution (to heighten awareness) and focused enforcement (to deter drunk driving) as they see fit, added Smith. This approach will ensure the local community is as fully engaged in the campaign as the civilian and military police.

Local authorities will be out in force during this campaign conducting sobriety checkpoints, saturation patrols and using undercover officers to get more drunk drivers off the road, said Cpl. Tracy Nelson, public information safety education officer for the Alabama State Troopers. Drivers found guilty of driving impaired can face legal charges, which will have long-term consequences that will affect the rest of their lives.

Consequences for service-members can amount to even

**"We are losing our Soldiers to accidents on the road that are preventable. That includes drunk driving. It is simply not worth the risk. Not to yourself, your family or your country."**

*Lt. Col. Mike Langham, command judge advocate for the U.S. Army Combat Readiness Center.*

greater actions.

"The penalties can be twice as bad for a Soldier who is found guilty of driving under the influence or driving while intoxicated, both on or off base," said Lt. Col. Mike Langham, command judge advocate for the U.S. Army Combat Readiness Center. "The Soldier may be held accountable under the Uniform Code of Military Justice as well as to the state where the offense occurred."

To date this fiscal year, the Army-wide accident fatality rate has decreased 20 percent. However, according to the

USACRC, privately owned vehicle, including motorcycle, accidental fatalities account for 49 percent of overall accidental fatality loss.

"We are losing our Soldiers to accidents on the road that are

preventable. That includes drunk driving," said Langham. "It is simply not worth the risk. Not to yourself, your family or your country."

Army law enforcement personnel are dedicated to assisting, protecting and defending all members of the Army community, said Smith.

"Participating in this campaign is a visible way to demonstrate that commitment and hopefully contribute to increased awareness of a significant threat to Army family welfare and ultimately readiness in our Army," added Smith.

**Channel 2  
WDIX**

24/7 information

## Police Log

### MAKE A DIFFERENCE

**FORT DIX  
WANTS YOU**

Fort Dix is looking for interested residents who would like to volunteer for the Fort Dix Mayors Program



**TO BE A  
MAYOR!**

CALL 562-2767  
The Strong in Army Community Provides  
Help-2006, 6th to 8th National Avenue  
IT'S YOUR PATRIOTIC DUTY

The neighborhood Mayor is a volunteer who talks to the Command, to DPW, and the DOD Police to insure and improve the Quality of Life for all residents

For those residents who want to make sure the Fort Dix community is the best it can be please

Call Army Community Service at 562-2767



# Soldier, hero honored



Carolee Nisbet

**EMOTIONAL MOMENT** — The family of Spc. Ryan "Travis" Baker, his brother Lucas, Grandmother Marious and Mother Vicki, listen as the new Urban Assault Course was named in the memory of Spc. Baker. The ceremony was held this past Tuesday, Aug. 15 at the new training facility.

(continued from page 1)  
"How proud I am of him reaching his goal of becoming a crew chief. Travis loved to laugh and made sure everyone around him did as well."

The ceremony included an invocation by Chap. (Col.) Ira Kronenberg, a welcome by Col. R. David McNeil, installation commander, and the playing of the National Anthem and the Army Song.

Soldiers from the 5th Brigade, 78th Training Division, were on hand at each section of the training area to explain the the stations of the Urban Assault Course to guests at the ceremony, and to outline the training

that will take place on the course.

Station One at the course is the Individual and Team Trainer, where, in a three-room area, squad leaders train the basics of clearing rooms and buildings.

At Station Two, squads build upon those tasks by learning the concepts of clearing multiple buildings in training area with multiple rooms.

Station Three is the Grenadier Gunnery Trainer.

In this live-fire station, gunners master target engagements

in an urban area, while moving as they respond to fire commands.

Station Four further enhances platoon training by allowing Soldiers to either attack or defend a building.

Station Five, the unique Underground Training Area, provides training in a maze of tunnels beneath the range.

**REMEMBERED** — Maj. Gen. Jay W. Hood, commander, First US Army Training Support Division East, at right, speaks during the dedication of the new Urban Assault Course. The facility was named in memory of Spc. Ryan "Travis" Baker.

"We owe our Soldiers nothing less than the great training they will get on this range," said Hood as he addressed the crowd of more than 100.

The new facility is divided into five sections, where Soldiers will receive specialized training as they prepare to deploy to fight the Global War on Terrorism.

One of the sections is comprised of a series of tunnels beneath the range, where troops will learn subterranean operations, below.



First Lt. Tracy Frink

# NEIGHBORHOOD

## THE CORNER

### Dix NCO Academy to Train Military Instructors

The cadre of the Fort Dix NCO Academy will be teaching the Total Army Instructor Training Course and Small Group Instructor Training Course from Aug. 25 through Sept. 9 at the Fort Dix NCO Academy. The course is open to military personnel and civilians. For more information please visit our website at <https://arttc.mcco.army.mil/ako/dixncoa> or you may contact the NCOIC, Staff Sergeant January Rodriguez-Kestner, at 609-562-2665, or via e-mail at [January.Kestner@us.army.mil](mailto:January.Kestner@us.army.mil)

### Free Bookbags

Army Community Service Hearts Apart Support Group will provide book bags with school supplies to children of mobilized and deployed service members. These items are for children attending kindergarten up to 3rd grade. The book bags will be distributed on Aug. 30 at 3:00 p.m. at Army Community Service, building 5201 (corner of Maryland Avenue and 8th Street). This event is sponsored by Operation HomeFront. Refreshment will be provided by the N.J. Chapter 899 Vietnam Veterans of America.

Registration in advance is required. Please call ACS at 562-2767 to register your children and provide their ages and gender.

### Lunch and Learn series coming to CDC

The Family Advocacy Program is hosting a Lunch and Learn series at the Child Development Center, 5523 Nashville and Tennessee Avenues.

Seminars run from 11:30 a.m.-12:30 p.m. and include:

- The Power of Play - Aug. 24
- Call Deraurah Wilson for more information and to register. And don't forget to bring your lunch!

### Support groups for kids held at Watson Towers

Army Community Service Soldier and Family Life Consultants have begun support groups for children, preteens and teens. The groups will be held in the Watson Towers, JRC, Bldg 5250, New Jersey Avenue. There are three groups:

- Children, ages 5-10, will meet Tuesday mornings from 10 a.m. to noon
  - Preteens, ages 11-13, will meet Thursday mornings from 10 a.m. to noon
  - Teens, ages 14-17, will meet Thursday afternoons from 1-3 p.m.
- Please call Midge Schuck at 649-2522 or 562-6715 to enroll your child/children or for further information.

### Cool off with caution in backyard pools

The Directorate of Public Safety, in conjunction with the Fort Dix Housing Office, reminds all installation residents to cool off with caution this summer when using back yard swimming pools.

Housing regulations lay out in detail the safeguards that must be in place before the splashing begins for the post's kids.

Pools must be wading pools only, with water no deeper than 12 inches.

Adult supervision is required whenever a pool is in use. While a foot of water doesn't seem to pose a great hazard for kids, communities nationwide see tragic and needless drownings every summer as a result of unsupervised pool use by young children.

All backyard pools must be emptied when not in use. Covering the pool is not sufficient to meet this standard.

This requirement is in place not only to prevent accidental drownings. Eliminating standing water is a major factor in reducing breeding grounds for mosquitoes that may carry West Nile Virus.

Additional copies of the housing regulations may be picked up at the Housing Office, Bldg. 5212.

## Read The Post!

### Wayne Cook Public Affairs Staff

Fire-fighters from the installation fire department were treated to a special visit Aug. 14. Past met present when retired Capt. John Frank dropped in to visit the firefighters of today and to reminisce about his experiences of days long ago.

The 93 year old retired fireman, wearing the same uniform he wore before his retirement in 1972, spoke proudly of his 30 years of service to the Fort Dix community and surrounding areas.

Born in 1912, Frank was 30 years old when he began his employment on the installation. The first station he was assigned to was the headquarters building on Delaware Avenue, which happened to also be the only brick fire house on the post at the time.

"Everything was wooden structures. All of the outside firehouses, 13 of them, were wooden structures; only headquarters was brick back then," said Frank.

The department had gone all civilian in the years just prior to the beginning of his service on post. He recalled how they had tried using Soldiers to fill in during manning shortages but the project didn't work out because the Soldiers were still assigned to their respective units and would have to respond to fires from their barracks. The response times were terribly slow



courtesy photo

**INTO ACTION --** Firefighter John Frank takes the wheel as he steers the engine from Fire Station 7 in the Tilton General Hospital area towards danger as he responds to a call in the 1950s. By the time he had retired after 30 years of service to Fort Dix Frank had achieved the rank of fire captain.

and the Soldiers didn't seem to take much ownership in their responsibilities to the fire department at the time.

The equipment of the time was akin to that used by some of the old volunteer stations. It was not of the best caliber during its time period - nothing like the equipment used today according to Frank.

"We worked three days on and had three days off back then," said Frank.

"In 1942 when I first started we were paid 1,500 dollars a year. When I retired in 1972 I was paid 16,000 dollars for the year," he added.

A few of the current fire-fighters were heard catching their breath when they heard the difference in pay from 1942 to 1972 to today.

Frank recalled a fire call that he took in the wee hours of the morning one time.

It was 2:20 a.m. when the call came in from the Officer's Club. The alarm was sounded at the fire companies and the fire-fighters responded - 10 in all. They fought the blaze but the building was a total loss.

Frank said that mutual aid agreements were created later in his career.

He remembered a time when the chief dispatched a truck to Pemberton to assist in the fighting of a fire at a lumber yard. Another time they had to send a truck out to the BOMARC site on Route 539.

One particular time that stood out in his memory was when a call came in that there was a fire in Training Area 31. This training area housed Soldiers who had been given the choice by criminal law judges that they either join the

Army or go to prison for crimes they had committed.

When Frank and the rest of the fire-fighters arrived on the scene the military police would not escort them into the area because of the danger the Soldiers posed. Frank was escorted into the area by the members of the Criminal Investigation Division. Once the fire was extinguished an investigation was performed and Frank found nine places that had been set up as ignition points.

"Thankfully they had used rags and fuel oil and not gasoline. Most of the ignition sites didn't catch and flare up," said Frank.

Frank began his affiliation with the fire service back in 1931 when he belonged to the Toms River Volunteer Fire Department.

Since his retirement he has worked as a school bus driver and builder of boats. He has also maintained a relationship with Toms River's First Aid Squad.

He currently resides in Toms River where he has called home for the past 84 years.

"It has been a real honor having Capt. Frank visit us here today and share his experiences with us," said Assistant-Chief Tom Trembula.



Wayne Cook

**BLAST FROM THE PAST --** Retired Fire Captain John Frank, center, joined fire-fighters of today for a time of remembrance as he shared some of his experiences during his 30 year career from 1942 to 1972 as a Fort Dix fire-fighter. In the picture with Frank from l - r, Karl Ramm, John Hudson, Todd Harris, Jay Hannum, Frank Malanga, Asst. Chief Tom Trembula, Chief Jeff Silagy, Brian Pearsall, Pat Dedella, Jim McDonough, Terry Jewell and David Harris.

### Melissa Bird Public Affairs Staff

Army Community Service welcomed two new faces to its team during the past couple months. Deraurah Wilson, Family Advocacy educator, and Kimberly Henne, installation victim advocate, are prepared to meet the needs of the installation and its community.

The position for the Family Advocacy educator has been vacant for approximately a year and a half, leaving Wilson with both a clean slate and unorganized environment. She brings with her an incredible amount of enthusiasm and a deep passion for her work.

"The two goals that I would like to reach here at Fort Dix would be to let the community know that they can make a difference in the lives of victims (adults and children) of violence, and to encourage people to seek help before the situation spirals out of control," explained Wilson. "Family Advocacy is here to offer support in the prevention of spouse and child abuse; use our services early so that they do not need our services later."

She has been working in the education field for the past five years, focusing on domestic violence for the last two of those years. She enjoys being with the people of the community in which she is working, and plans to continue doing this for as long as possible. Wilson's satisfaction comes when she can read a person's face when things finally start to make sense to them.

"An unhealthy individual will never be healthy unless they are taught in some way what healthiness is," said Wilson. "I believe education is the first step in the healing process that will lead an individual to a life that is fulfilling in every way."

The Family Advocacy Program offers services and programs to the Fort Dix community in an effort to educate and prevent family violence. With pro-



photos by Melissa Bird

**WELCOME ABOARD --** Kimberly Henne, left, installation victim advocate, and Deraurah Wilson, right, family advocacy program educator, are the newest ACS staff members serving the Fort Dix community.

grams like Dealing with Challenging Toddler Behavior, Anger Management, Lunch and Learn Series, among many others, Wilson believes in listening to what the community and Soldiers want and need and then tailoring programs around them.

She is willing to step forward with the backing of the ACS team, and help whoever is in need, no matter how small or large of a problem it may seem.

"We have to recognize the abuse in any form impacts the individual, the family, and ultimately the overall mission and readiness of this installation," Wilson said.

Henne, installation victim advocate, joins the ACS team, not only with her educational experience of a master's degree in human relations, but also living the military lifestyle with her husband of 14 years.

"I have served in a variety of positions and held numerous jobs," said Henne. "I have lived in five countries

including our own, and encountered all the challenges that families encounter while being in the military."

As the installation victim advocate, Henne assists victims of domestic violence and sexual assaults and provides them with the services that they may need or want.

"Their participation is completely voluntary and confidential if requested," said Henne.

"I can offer the victim a restricted or unrestricted report. Meaning, assisting them can be completely confidential and the police and command need not know, or I can help them with reporting a crime."

It is important to Henne to build a relationship with the community and make sure people know that there is an outlet that is available to help them. She also believes that education is the key to the prevention of sexual assaults and domestic violence.

"I recognized that a lot is changing in the way people view domestic vio-

lence and sexual assault, especially in military families, said Henne. "Over the last several years, the Department of Defense has stepped up its education efforts and changed its reporting options."

This has offered victims the option to come forward anonymously and receive the care that they need to move forward successfully as survivors.

Both Wilson and Henne encourage everyone in the community to reach out to them and make use of the services they provide.

They also encourage you to contact them if there is a particular issue that may need to be addressed so they can mold their programs around the needs of the community. These programs are here to make better families and to build a stronger Soldier.

"We must, as a community stand together and let the abusers and perpetrators of violence know that family violence on Fort Dix cannot, and will not be tolerated," said Wilson.



## Promotions



**RANK AND FILE** -- Several Soldiers from the MRB were promoted in rank at a ceremony held Aug. 17. Sgt. Jesus Balderas, Capt. James A. Johnson, Sgt. Robert Richbourg, and Sgt. Aaron Ripee, left to right, are shown receiving their new rank.



# Announcements



**Movie Schedule**  
at the McGuire AFB Theatre  
Movie Hotline 754-5139

**Friday, August 18 @ 7:30 p.m.**

**Little Man** - *Shawn Wayans, Marlon Wayans, Kerry Washington* - Posing as an abandoned toddler, a very small fugitive (Marlon Wayans) from the law tricks a couple (Shawn Wayans, Kerry Washington) into taking him in. Once there, the baby-faced thief endures the other man's attempts at fatherhood while waiting for a chance to take back the stolen gem he hid in the wife's purse.

**MPAA Rating:** PG-13 - *crude and sexual humor throughout, language and brief drug references*  
Run Time: 1 hr. 30 min.

**Saturday, August 19 @ 7:30 p.m.**

**You Me and Dupree** - *Owen Wilson, Kate Hudson, Matt Dillon* - Newlyweds Carl and Molly are anxious to start their lives together, but the pair soon become a trio when Carl invites his jobless buddy, Randy, to crash at their place until he gets back on his feet. At first, Carl is happy to have him around, but that soon turns to annoyance when Randy threatens to become a permanent fixture in their home.

**MPAA Rating:** PG-13 - *sexual content, brief nudity, crude humor, language and a drug reference*  
Run Time: 1 hr. 48 min.

## Future Features...

**My Super Ex: Girlfriend**

Friday, August 25 @ 7:30 p.m.  
PG - 13, 1 hr. 35 min.

**Monster House**

Saturday, August 26 @ 7:30 p.m.  
PG, 1 hr. 31 min.

## Main Chapel

562-5791/562-2020  
**Sunday services**

Protestant at 9 a.m.

Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.

Catholic CCD at 9:15 a.m.

Protestant-Gospel Sunday School at 10:15 a.m.

**Religious Services**  
Islamic Prayer Services

held at noon, Monday through Thursday - Room 24

**Adult Bible Study**

Wednesdays at 7 p.m.

Catholic Adult Bible Study - Sundays at 11:30 a.m.

**Christian Women of the Chapel**

hold a Bible Study - Tuesdays, 9:30 a.m. to noon  
**Jewish Services**  
Shabbat held every first and third Friday evening at 6 p.m. followed by KIDDUSH Fellowship

**Chapel 5** (Bldg. 5950)  
562-4847

Memorial Prayer Service for Our Soldiers

5:45 p.m. each Sunday

Computer Room: Mon. - Fri.

9 a.m. - noon / 2-4 p.m. and 5-8 p.m.

Infant Baptism and Lutheran Confirmation

Instruction by appointment

## Organizations

### 305 MDG Pharmacy information

Patients using the 305 MDG Ambulatory Healthcare Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.

Current prescriptions may be refilled 24 hours-a-day, seven days a week, by calling 754-9470. Refills can be requested seven to ten days before the prescription runs out. Refills are ready for pick-up two duty days after being phoned in.

### Register for yard sales

Any resident in housing must register for a Yard Sale permit at the Youth Center at 1279 Locust Street. The permit cost \$5 and are free to members of Club Dix or the Fountain Green Golf Course. The permit must be posted outside your quarters, but no other signs may be placed in housing area. Call 562-5061 for the Yard Sale information.

introduction.  
Please contact Midge Schuck at 649-2522 or 562-6715 further information.

### Black History committee

The Fort Dix Black History Observance Committee is looking for volunteers to help with annual celebrations. Call Veverly Wakefield at 562-4036 for more information.

tally as leaders of tomorrow. By providing leadership

training, technical education, powered and non-powered flight orientation, scholarships and career education for young people (12-18 yrs). We are looking for adult and cadet members who want to make a difference in their personal lives while contributing to a strong America. Contact: Major. Michael Sperry 609-239-4616 or msperry1@comcast.net,http://www.njwg.gov/ Building

## MOBILIZATION NEW YOU CAN USE

WDIX  
Commander's  
Channel 2

WDIX  
Commander's  
Channel 2

### Post Shuttle Bus

562-5888

Monday to Sunday -- 7 a.m. to 10 p.m.  
*During the day, Starr Tour buses are used, in evening the military Bluebird buses are run.*

### Dix Shoppette/Class Six/ Gas Station

723-0044

Bldg. 5359, Texas Ave.

Monday to Friday - 6 a.m. to 10 p.m.

Weekends - 7 a.m. to 10 p.m.

### BX/PX & Mall

723-6100

Monday to Thursday - 10 a.m. to 8 p.m.

Friday and Saturday - 8:30 a.m. to 8 p.m.

Sunday - 10 a.m. to 6 p.m.

### Commissary

724-4154

Monday to Friday - 7 a.m. (early bird) to 8 p.m.

Saturday - 9 a.m. to 8 p.m.

Sunday - 10 a.m. to 7 p.m.

### Military Clothing/Stores/ Alterations

723-2307

Bldg. 5601, Texas Ave.

Monday to Thursday 10 a.m. to 5:30 p.m.

Sunday - Closed.

### Club Dix

723-3272

Dix Cafe

Tuesday to Friday 11 a.m. to 1 p.m.

*Revolutions Lounge*

Opens 4:30 p.m. Tuesday to Sunday

*Karaoke every Thursday at 8 p.m.*

### Recreation Center

562-4956

Bldg. 5905 on Doughboy Loop.

Monday through Friday - 1 to 10 p.m.

Saturday and Sunday - noon to 11 p.m.

AT&T Cyber Zone offers computer access for a fee

### McGuire Shoppette

723-4705

East Arnold Avenue by the 24-hour gate

Monday to Thursday - 6:30 a.m. to 9 p.m.

Friday - 6:30 a.m. to 7 p.m.

Saturday - 9 a.m. to 10 p.m.

Sunday - 9 a.m. to 7 p.m.

### Outdoor Recreation

562-6667

Bldg. 6045 Doughboy Loop

*Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.*

Monday to Friday 10 a.m. - 5 p.m.

Saturday 4 p.m.

### Computer Lab

562-5228

Delaware Ave. & First St.

Tuesday to Friday - 1 p.m. to 9 p.m.

Saturday - Sunday - 1 p.m. to 7 p.m.

### McGuire Gas Station

723-4705

East Arnold Avenue by the 24-hour gate

Monday to Friday - 6:30 a.m. to 7 p.m.

Saturday - 9 a.m. to 7 p.m.

Sunday - 9 a.m. to 6 p.m.

### Firestone

723-0464

Bldg. 4201 on Texas Ave.

Monday through Friday - 7 a.m. to 7 p.m.

Saturday - 7 a.m. to 5 p.m.

### Dining Facilities

Bldgs. 5640 and 5986

Breakfast Mon - Sun 5:30 to 7:30 a.m.

Lunch Mon - Sun 11:30 a.m. to 1:15 p.m.

Dinner Mon - Sun 4:30 to 6:30 p.m.

Bldg. 5985 (FOB)

Breakfast Mon - Sun 5 to 6:30 a.m.

Dinner Mon - Sun 6 to 7:30 p.m.

### Burger King

723-8937

Bldg. 5399, Texas Ave.

Monday to Saturday 6 a.m. to 8 p.m.

Sunday 7 a.m. to 8 p.m.

**A new look for WDIX  
Channel 2**

24/7 information  
coming soon

**Saturday,  
Aug. 19**

**YARD SALES**

**1556 A Dogwood**

Any resident in housing must register for a Yard Sale permit at the Youth Center at 1279 Locust Street. The permit cost \$5 and are free to members of Club Dix or the Fountain Green Golf Course. The permit must be posted outside your quarters, but no other signs may be placed in housing area. Call 562-5061 for more information. **Deadline to register for August 26 sale is August 18.**

**Youth Center**

**Bldg. 1279 Locust Street**  
562-5061

**Hours of Operation:**  
Tuesday - Friday 2 to 7 p.m.  
Saturday 1 to 7 p.m.  
Sunday & Monday CLOSED

**Administrative Hours:**  
Tuesday - Friday noon to 6 p.m.

**August Schedule**

**August 18**  
Chess Game

**August 19**  
Teen Center Volleyball  
4 - 5 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

**Army  
Community  
Service**

**Bldg. 5201**  
562-2767

**Hours of Operation:**  
7:45 - 4:30 p.m.

**August Schedule**

**August 21**  
Play Group 18 mths - 3 yrs  
McGuire CDC

**Divorce Info. Workshop**  
6 - 8 p.m.

**August 22**  
Hearts Apart Group  
10 - 1 p.m.

**August 23**  
Play Group/Birth - 18 mths

Getting Ready for the New School Year  
6 - 8 p.m.

**August 24**  
Lunch & Learn Series for Parents  
The Power of Play  
Fort Dix CDC 11:30-12:30 p.m.

EFMP kids plus Swimming/Indoor Pool  
5:30 p.m. - 6:30 p.m.

**Family Advocacy**  
562-5200

**Chaplain**  
562-5721/2020

**American Red Cross**  
562-2258

**Army Emergency Relief**  
562-2767

**Fort Dix Thrift Shop**

**50-PERCENT OFF SALE**  
Get 50-percent off all expired merchandise now through Saturday, August 19

**August Thrift Shop Hours**

Tuesday and Thursday, 10 a.m. - 2 p.m.  
1st Wednesday, 4 p.m. - 8 p.m.  
1st and 3rd Saturday, 10 a.m. - 2 p.m.

The Thrift Shop will close for inventory on Aug. 22 and will reopen Sept. 5. For more information call 723-2683



# MILITARY MATTERS

## New recruits gung ho about military service

Donna Mills  
American Forces Press Service

FORT MEADE, August 2, 2006 - The young and not-so-young men and women processing into the military earlier this week at the Military Entrance Processing Station (MEPS) here offer a snapshot of the armed forces of the future.

Most are between 18 and 20, and men outnumber women. But beyond those generalizations, no common thread runs through the group. They represent all colors and a broad range of ethnic groups, come from a variety of backgrounds and express a wide range of motivations for joining the military.

Among the youngest processing through the Baltimore MEPS July 31 was 17-year-old Bethany Wade, a high school student from Lewes, Del. Wade still has a semester of classes ahead of her before she graduates five months ahead of the rest of her senior class, but



DoD photo by Cheryl A. Thurlby

**SIGNING UP --** Army applicant **Daisy Kuhn** signs her contract at the Baltimore MEPS station. Kuhn is enlisting in the Army as a telecommunications and maintenance apprentice.



DoD photo by Cheryl A. Thurlby

**TAKING THE OATH --** Applicants take the oath of enlistment during processing at the Baltimore Military Entrance Processing Station in Fort Meade, Md. recently.

she had far more than senior proms and yearbooks on her mind. She has her heart set on becoming a Marine.

Despite friends who she said "don't support me at all" and parents with mixed emotions about her decision, Wade said she has no doubts she's doing the right thing. She chose the Marine Corps because she believes it's the most difficult service to join and the best service to have served in, she said.

**Up for a challenge**  
"I wanted to do something that would really challenge myself," she said. Already, she's meeting her recruiter three times a week to do push-ups, sit-ups and pull-ups and take long runs to ensure she's physically ready. By enlisting through the Delayed Entry Program, Wade said, she hopes to close the gap between her high school graduation and the day she reports for training at Marine Corps Recruit Depot Parris Island, S.C.

"Hopefully, the second I get my diploma, I can go the next day," she said.

Many of the recruits sitting alongside Wade at the Baltimore MEPS were fresh out of high school. Some, like 19-year-old Corey Robinson, of Boonesboro, Md., said he knew since

he was a child that he wanted to follow in his father's footsteps and join the Army.

If all goes as planned, Robinson will head to infantry, airborne and Ranger training after his Basic Combat Training. He said he's excited about the opportunities ahead.

"I'll get the educational benefits for college when I get out, but I also get to serve my country," he said.

**Responsibility to serve**  
"I think it's my responsibility to serve," Corey said, shifting self-consciously in his seat as he professed what some might consider an extremely "uncool" viewpoint. "We have freedoms in this country, and if we want to keep them, then it's important to serve," he said.

Many of the inprocessing recruits, including 22-year-old Salvador Goines, of Wilmington, Del., already have several years of work experience under their belts. Goines spent the past few years installing garage doors while going to school part-time to become a chef. He signed on for a four-year stint as an Army cook and said he looks forward to the experience and educational benefits he'll get.

"I'll try it for a little bit and see what happens," Goines said.

tary for the discipline and direction they hope it will instill. "I want to straighten my life out and come out with a better head on my shoulders," said the 19-year-old Dale City, Va., resident who's joining the Marine Corps.

"I want to do something hard, and I figure that's the hardest," he said.

While most of the recruits at the Baltimore MEPS station had only vague ideas about what they're about to face, others, like Renaldo Peters, know exactly what to expect. Peters served in the Army from 1988 to 1996, a tour of duty that included combat deployments for Operation Just Cause in Panama and Operation Desert Storm. He also was a contractor at Forward Operating Base Caldwell, in Iraq near the Iran border, from 2003 to 2005.

Why, one might wonder, would he choose to return to the Army as a sergeant rather than stick with his higher-paying opportunity as a contractor?



DoD photo by Cheryl A. Thurlby

**NO ARTHRITIS HERE --** Petty Officer 1st Class Felicia Wilson, left, demonstrates to armed forces applicants how to do a duck walk as part of their physical fitness test at the Baltimore Military Entrance Processing Station (MEPS) in Fort Meade, Md., on August 8. The purpose of the duck walk is to check for the integrity of the applicants' knees and joints.

### Old pro returns

Milton Agurs, at 43, said he understands Peters' sentiment. He served 10 years in the District of Columbia National Guard, but left shortly after his unit returned home from its deployment to Iraq in 2004.

A few years later, Agurs, who works for the District of Columbia Police Department, is ready to return to his former unit. "There's a sense of pride you miss," Agurs said. "I'm ready to go back to duty. I want to be an example to the children in my neighborhood, to show them what service is all about."



# Ten things to know about pandemic influenza

The World Health Organization (WHO) has compiled a list of the ten things you need to know about pandemic influenza.

1. Pandemic influenza is different from avian influenza.

Avian influenza refers to a large group of different influenza viruses that primarily affect birds. On rare occasions, these bird viruses can infect other species, including pigs and humans.

The vast majority of avian influenza viruses do not infect humans. An influenza pandemic happens when a new subtype emerges that has not previously circulated in humans.

For this reason, avian H5N1 is a strain with pandemic potential, since it might ultimately adapt into a strain that is contagious among humans.

Once this adaptation occurs, it will no longer be a bird virus—it will be a human influenza virus.

Influenza pandemics are caused by new influenza viruses that have adapted to humans.

2. Influenza pandemics are recurring events.

An influenza pandemic is a rare but recurrent event. Three

pandemics occurred in the previous century: "Spanish influenza" in 1918, "Asian influenza" in 1957, and "Hong Kong influenza" in 1968.

The 1918 pandemic killed an estimated 40-50 million people worldwide.

That pandemic, which was exceptional, is considered one of the deadliest disease events in human history.

Subsequent pandemics were much milder, with an estimated 2 million deaths in 1957 and 1 million deaths in 1968.

A pandemic occurs when a new influenza virus emerges and starts spreading as easily as normal influenza – by coughing and sneezing.

Because the virus is new, the human immune system will have no pre-existing immunity.

This makes it likely that people who contract pandemic influenza will experience more serious disease than that caused by normal influenza.

3. The world may be on the brink of another pandemic.

Health experts have been monitoring a new and extremely severe influenza virus – the H5N1 strain – for almost eight

years.

The H5N1 strain first infected humans in Hong Kong in 1997, causing 18 cases, including six deaths.

Since mid-2003, this virus has caused the largest and most severe outbreaks in poultry on record.

In December 2003, infections in people exposed to sick birds were identified.

Since then, over 100 human cases have been laboratory confirmed in four Asian countries (Cambodia, Indonesia, Thailand, and Viet Nam), and more than half of these people have died.

Most cases have occurred in previously healthy children and young adults.

Fortunately, the virus does not jump easily from birds to humans or spread readily and sustainably among humans. Should H5N1 evolve to a form as contagious as normal influenza, a pandemic could begin.

4. All countries will be affected.

Once a fully contagious virus emerges, its global spread is considered inevitable.

Countries might, through

measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

The pandemics of the previous century encircled the globe in 6 to 9 months, even when most international travel was by ship.

Given the speed and volume of international air travel today, the virus could spread more rapidly, possibly reaching all continents in less than 3 months.

5. Widespread illness will occur.

Because most people will have no immunity to the pandemic virus, infection and illness rates are expected to be higher than during seasonal epidemics of normal influenza. Current projections for the next pandemic estimate that a substantial percentage of the world's population will require some form of medical care.

Few countries have the staff, facilities, equipment, and hospital beds needed to cope with large numbers of people who suddenly fall ill.

6. Medical supplies will be inadequate.

Supplies of vaccines and antiviral drugs – the two most important medical interventions for reducing illness and deaths during a pandemic – will be inadequate in all countries at the start of a pandemic and for many months thereafter.

Inadequate supplies of vaccines are of particular concern, as vaccines are considered the first line of defence for protect-

ing populations.

On present trends, many developing countries will have no access to vaccines throughout the duration of a pandemic.

7. Large numbers of deaths will occur.

Historically, the number of deaths during a pandemic has varied greatly.

Death rates are largely determined by four factors: the number of people who become infected, the virulence of the virus, the underlying characteristics and vulnerability of affected populations, and the effectiveness of preventive measures. Accurate predictions of mortality cannot be made before the pandemic virus emerges and begins to spread.

All estimates of the number of deaths are purely speculative. WHO has used a relatively conservative estimate – from 2 million to 7.4 million deaths – because it provides a useful and plausible planning target.

This estimate is based on the comparatively mild 1957 pandemic. Estimates based on a more virulent virus, closer to the one seen in 1918, have been made and are much higher.

However, the 1918 pandemic was considered exceptional.

8. Economic and social disruption will be great.

High rates of illness and worker absenteeism are expected, and these will contribute to social and economic disruption. Past pandemics have spread globally in two and sometimes three waves.

Not all parts of the world or of a single country are expected to be severely affected at the same time.

Social and economic disruptions could be temporary, but may be amplified in today's closely interrelated and interdependent systems of trade and commerce.

Social disruption may be greatest when rates of absenteeism impair essential services, such as power, transportation, and communications.

9. Every country must be prepared.

WHO has issued a series of recommended strategic actions for responding to the influenza pandemic threat.

The actions are designed to provide different layers of defence that reflect the complexity of the evolving situation.

Recommended actions are different for the present phase of pandemic alert, the emergence of a pandemic virus, and the declaration of a pandemic and its subsequent international spread.

10. WHO will alert the world when the pandemic threat increases.

WHO works closely with ministries of health and various public health organizations to support countries' surveillance of circulating influenza strains.

A sensitive surveillance system that can detect emerging influenza strains is essential for the rapid detection of a pandemic virus.

Six distinct phases have been defined to facilitate pandemic preparedness planning, with roles defined for governments, industry, and WHO.

The present situation is categorized as phase 3: a virus new to humans is causing infections, but does not spread easily from one person to another.

Information provided by the World Health Organization, 2006.

Active Duty / Federal Employee

## Health & Fitness Fair

5k Run/Walk,  
Seminars,  
Over 50 Vendors,  
Door Prizes,  
and more!

Thursday, September 7  
0900hrs to 1500hrs  
National Guard  
Joint Training Center  
Bldg 3601, Fort Dix  
Call (609) 562-0858

## FORT DIX WANTS YOU



## TO BE A MAYOR!

CALL 562-2767



## ACS holds teen orientation

The Fort Dix Teen Annual Orientation will be held Aug. 29 at the Youth Center. This annual event is open to the youth who arrived during the summer vacation and are attending the middle and high schools. It is also

open to military youth living in Fort Dix or Pemberton Township attending the middle or high schools for the first time. The purpose of the Teen Orientation is to familiarize the youth with the schools and develop

friendships prior to the first day of school. At the orientation, teens will have the opportunity to meet community members who offer services to enhance the quality of life of the youth. Call 562-2767 for more info.

### FORT DIX TEEN ORIENTATION PERMISSION SLIP

I \_\_\_\_\_, grant permission for my teen/teens to participate in the Fort Dix

Teen Orientation to be held on Tuesday 29 August 2006. The orientation will start at 10:00 am at the Fort Dix Youth Center (Bldg 1279, Locust Street, Garden Terrace), and will end at 4:30 pm at the John F. Mann, Jr. Recreation Park (behind Outdoor Recreation).

School's Name \_\_\_\_\_

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

Student Name \_\_\_\_\_

Grade \_\_\_\_\_

Parent or Legal Guardian Name (Please print) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Signature of Parent or Legal Guardian \_\_\_\_\_

Date \_\_\_\_\_

Teens will be bussed from the Fort Dix Youth Center to their respective schools. After touring the schools, teens will be transported to the John F. Mann, Jr. Recreation Park to play mini-golf, hit some balls at the batting cages, or race go-carts. Please pick up your teen(s) at 4:30 pm unless you sign below, authorizing your teen(s) to walk back home. Teens that are not picked up by 4:30 pm will be referred to the DoD Police. The phone number for the John F. Mann Park is 562-4791. For additional information, please call Army Community Service at 562-2767.

I give permission for my teen/teens to walk back home.  
(For teens living in Fort Dix only)

YES \_\_\_\_\_ NO \_\_\_\_\_

Parent or Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

## Honoring the Colors

### Reveille 6 a.m. (0600 hours)

#### Military personnel in uniform

Stand at attention,  
face the flag and  
salute at first note.

#### Military personnel not in uniform, civilians

Stand at attention,  
face the flag and  
place right hand over  
heart at first note.

#### Military personnel in formation or in a group

Senior Soldier calls  
group to "Attention,"  
then "Present, Arms"  
at first note. Calls  
"Order, Arms" at  
conclusion.

#### Individual military personnel, civilians in a vehicle

Stop vehicle and exit.  
Follow steps above.

#### Group of military personnel in a vehicle

Stop vehicle. Individual  
in charge exits and follows  
steps above.

### Retreat 5 p.m. (1700 hours)

Stand at attention,  
face the flag for  
Retreat, then  
salute at first note  
of *To the Colors*.

Stand at attention,  
face the flag for  
Retreat, then place  
right hand over heart  
at first note of  
*To the Colors*.

Senior Soldier calls  
group to "Attention,"  
then "Parade, Rest"  
at first note of  
Retreat. Calls  
group to "Attention"  
and "Present, Arms"  
at first note of *To the Colors*, then "Order,  
Arms" at conclusion.

Stop vehicle and exit.  
Follow steps above.

Stop vehicle. Individual  
in charge exits and  
follows steps above.

#### Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)  
Call to Quarters.....9:30 p.m. (2130 hours)  
Taps.....10 p.m. (2200 hours)



### Army Community Service (ACS)\* 562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

#### Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

Looking for information and assistance? ACS is here to serve you.  
ACS serves all military branches of service, DoD civilian personnel and retirees.  
The ACS Center is accessible to individuals with disabilities.

\*A Department of the Army Accredited Soldier  
and Family Service Organization

# Fort Dix still looking for some Chargers



**Ed Mingin**  
Public Affairs Staff

Fort Dix football season is quickly approaching. Players and coaches have already taken to the practice field in anticipation of the upcoming season. First it was for conditioning, then for actual football practice.

As the teams prepare, one group of players are a bit short-handed.

"We need kids from 11-15 for the midget division of Pop Warner football," explained Stephen Wilkes of Youth Sports.

"We only have 11 kids on the team right now. We need at least 16 so they can play. We really need more because of vacations and things like that," he said.

Since 11 players take the field at a time, there are enough players for a game - but only if

they play both offense and defense, and play every down during th game. And let's not forget about special teams.

Even if they wanted to do that, Pop Warner rules prohibit a team from playing with less than 16 players. It would be too much wear and tear on the kids.

Hoping to save the season for the Chargers, Wilkes is asking for more players to sign up for the team.

"Just come out to practice," said Wilkes. "The best thing to do would be call us at Youth Sports and then come out."

During the last few weeks of summer break, the Chargers will continue to be on the practice field. They'll continue running drills and putting finishing touches on plays they hope will lead them to victory.

They also hope they'll have a few more players join the team so they can actually play this

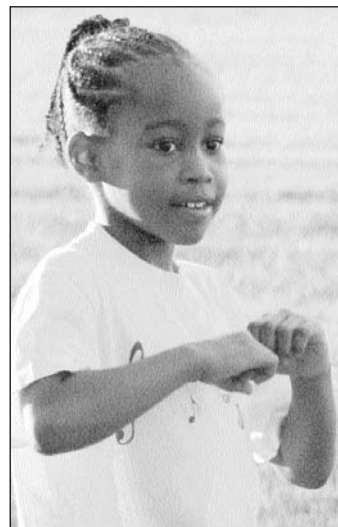
season.

If the team doesn't reach the required number of players, those already on the team would likely have to try to find a place on a team in the surrounding communities. They might be able to play for Pemberton or New Egypt, but only if they live in those areas and the teams will allow it. Otherwise, they won't be able to play.

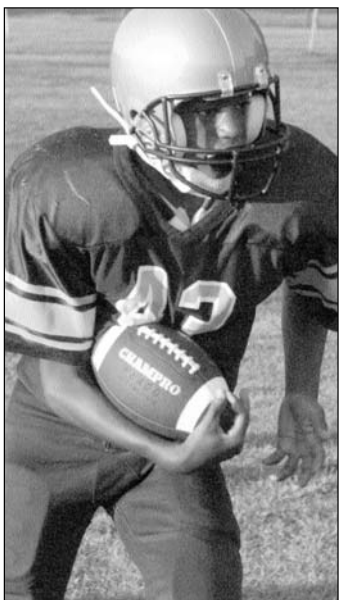
Though the season is nearing its start, there is still some time to get players on the team.

"Up until the beginning of Sept. But the later they come, the harder it will be. They can't suit up right away. They need two weeks conditioning and then practice before playing in games," said Wilkes. "Those are Pop Warner rules."

Anyone interested in signing up for Fort Dix football should call Youth Sports at 562-2819 for additional information.



photos by Ed Mingin



**GROUND ATTACK --** Isaiah C. Wilson, top left, and Brandon Hawkins, bottom left, get in some practice running the ball for the upcoming football season.

With high temperatures dominating most of the preseason practice, staying hydrated was a concern for all players. Troy Savage takes a water-break from the rigors of practice to keep the heat at bay.

Getting it right in practice translates to victory during games. Chargers' coach Steve Uzeleber discusses a play with some of his team as they prepare for the first game of the season, left.

There has been plenty to cheer about in Fort Dix football. The Mitey-Mites have proven to be especially strong in the past few seasons. Naomi Jones, above, helps lead the cheering fans.

## Sports Shorts

**Bowling**  
The "Tuesday Nite Keglers," a mixed bowling league is forming for the 2006/2007 winter season. Sign up at the Fort Dix Bowling Center. Both teams and individual bowlers are needed.  
League starts Sept. 12. Call Willie Williams at 893-8430 for more information.  
For more info visit the track's website at [www.newegypt Speedway.net](http://www.newegypt Speedway.net).

**Local track offers military discount**  
Once again New Egypt Speedway is offering a discount off the price of an adult admission ticket to all active duty military personnel and their spouses, with proper ID. The military discount is for Saturday night racing programs

at the track located on Route 539 in Plumsted Twp.

For more info visit the track's website at [www.newegypt Speedway.net](http://www.newegypt Speedway.net).

**Commander's Cup**  
The next Commander's Cup is scheduled for August 23. Anyone wishing to participate should register a week in advance.  
Call the Golf Course at 562-5443 for more information.

**Fall Sports**  
The Griffith Field House is signing up players for the flag football league. If there is enough interest, there will be a fall softball league too.  
Anyone interested in either flag football or fall softball should call 562-4888.

For more info visit the track's website at [www.newegypt Speedway.net](http://www.newegypt Speedway.net).

**Outdoor Recreation**  
Aug. 19  
Tubing - BBQ Lunch  
Fees: \$25

Aug. 26  
Skydiving  
Fees: \$195 for tandem jump. \$295 with DVD.

Sept. 9  
Mountain Biking  
Fees: \$15 with your own bike. \$20 without your own bike.

Sept. 16  
Sailing  
Fees: \$75 adult - \$65 child

Call 562-6667 for more information about programs offered by Outdoor Rec.



## Championship season

Steel Angel dominated the softball season and won the regular season championship. Steel Angel narrowly beat out NRDP for the title. These two teams would meet again for the post season championship. See next week's Post for results.